



Fitness, Tanning & Aerobics
"Expect The Very Best"

*******All State employees now receive an additional 10% off the current State of Delaware discounted rate!*******

**318 S. College Ave
Newark, DE 19711
302.738.1614**

**1877 Pulaski Hwy
Bear, DE 19702
302.832.1614**

Our Mission Statement: Every person, regardless of their physical state, gender, sexual preference or race, will have the opportunity to be physically fit and pursue their fitness goals in a clean, friendly, positive environment.

Our Promise: We will know your name and greet you with a smile while providing unprecedented service in the cleanest facility imaginable.

Joining the Family: We have carefully created membership solutions that meet the diverse needs of our Clients. Here are just some examples:

- Club 1614
- Student
- Club 55
- Lifetime
- Platinum
- Family
- Tanning & Aerobics
- Corporate

Other Services:

- Personal Training – We have a flexible group of certified trainers ready to give you one-on-one attention.
- Speed & Agility Training – We take your athletes to the next level and prepare them for success.
- Aerobics – We mix it up from Yoga to kickboxing.
- Tanning – We get you ready for summer or that winter getaway.

Hours:

Monday-Thursday	5:30am-10:00pm
Fridays	5:30am-8:00pm
Sat./Sun. (Fall/Winter/Spring)	7:30am-4:00pm
Sat./Sun. (Summer)	7:30am-2:00pm